

ARENA CHILDREN'S ACTIVITIES  
Programme beginning September 2010

MONDAY - activities beginning 13th September 2010

<u>ACTIVITY</u>	<u>AGE</u>	<u>TIME</u>	<u>PRICE (member/non-member)</u>
Absolute Beginner Swimming	5 - 11 years	3.30 - 4.00pm	£45.00/£51.00 (12 weeks)
Beginner Plus Swimming	5 - 14 years	3.30 - 4.00pm	£45.00/£51.00 (12 weeks)
Beginner Swimming	5 - 11 years	4.00 - 4.30pm	£45.00/£51.00 (12 weeks)
Beginner Plus Swimming	5 - 14 years	4.00 - 4.30pm	£45.00/£51.00 (12 weeks)
Beginner Swimming	5 - 11 years	4.30 - 5.00pm	£45.00/£51.00 (12 weeks)
Intermediate	5 - 14 years	4.30 - 5.00pm	£45.00/£51.00 (12 weeks)
Rookie Lifeguard	8 - 15 years	4.15 - 5.00pm	£48.00/£54.00 (12 weeks)
Junior Badminton	7 - 11 years	5.15 - 6.15pm	£45.00/£51.00 (12 weeks)
Teenage Badminton	12 - 16 years	6.15 - 7.15pm	£45.00/£51.00 (12 weeks)
Recreational Trampoline	Pre School - year 7	4.45 - 5.30pm	£33.00/£37.40 (12 weeks)
Recreational Trampoline	School years 1 - 11	5.30 - 6.30pm	£44.00/£49.50 (12 weeks)
Skipping	7 - 11 years	4.45 - 5.45pm	£45.00/£51.00 (12 weeks)
Climbing - Intermediate	7 - 17 years	4.30 - 5.30pm	£24.00/£27.00 (6 weeks)

MONDAY - activities beginning 1st November 2010

Climbing - Intermediate	7 - 17 years	4.30 - 5.30pm	£24.00/£27.00 (6 weeks)
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TUESDAY - activities beginning 14th September 2010

<u>ACTIVITY</u>	<u>AGE</u>	<u>TIME</u>	<u>PRICE</u>
Guitar - Continuation 2	School years 3 - 7	3.45 - 4.30pm	£51.00/£57.00 (12 weeks)
Guitar - Continuation 1	School years 3 - 7	4.30 - 5.15pm	£51.00/£57.00 (12 weeks)
Guitar - Beginners 1	School years 3 - 7	5.15 - 6.00pm	£51.00/£57.00 (12 weeks)
Guitar - Beginners 2	School years 3 - 7	6.00 - 6.45pm	£51.00/£57.00 (12 weeks)
Absolute Beginner Swimming	5 - 11 years	3.30 - 4.00pm	£45.00/£51.00 (12 weeks)
Beginner Plus Swimming	5 - 11 years	3.30 - 4.00pm	£45.00/£51.00 (12 weeks)
Absolute Beginner Swimming	5 - 11 years	4.00 - 4.30pm	£45.00/£51.00 (12 weeks)
Intermediate Swimming	5 - 14 years	4.00 - 4.30pm	£45.00/£51.00 (12 weeks)
Advanced 1 Swimming	7 - 14 years	4.00 - 4.30pm	£45.00/£51.00 (12 weeks)
Beginner Swimming	5 - 11 years	4.30 - 5.00pm	£45.00/£51.00 (12 weeks)
Beginner Plus Swimming	5 - 11 years	4.30 - 5.00pm	£45.00/£51.00 (12 weeks)
Advanced 2 Swimming	7 - 14 years	4.30 - 5.00pm	£45.00/£51.00 (12 weeks)
Beginner Swimming	5 - 11 years	5.00 - 5.30pm	£45.00/£51.00 (12 weeks)
Beginner Plus Swimming	5 - 11 years	5.00 - 5.30pm	£45.00/£51.00 (12 weeks)
Advanced 3 Swimming	7 - 14 years	5.00 - 5.30pm	£45.00/£51.00 (12 weeks)
Absolute Beginner Swimming	5 - 11 years	5.30 - 6.00pm	£45.00/£51.00 (12 weeks)
Intermediate Swimming	7 - 14 years	5.30 - 6.00pm	£45.00/£51.00 (12 weeks)
Advanced Challenge Swimming	7 - 14 years	5.30 - 6.00pm	£45.00/£51.00 (12 weeks)

WEDNESDAY - activities beginning 15th September 2010

<u>ACTIVITY</u>	<u>AGE</u>	<u>TIME</u>	<u>PRICE</u>
Absolute Beginner Swimming	5 - 11 years	3.30 - 4.00pm	£45.00/£51.00 (12 weeks)
Beginner Swimming	5 - 11 years	4.00 - 4.30pm	£45.00/£51.00 (12 weeks)
Advanced Swimming	5 - 14 years	4.00 - 4.30pm	£45.00/£51.00 (12 weeks)
Beginner Plus Swimming	5 - 11 years	4.30 - 5.00pm	£45.00/£51.00 (12 weeks)
Intermediate Swimming	5 - 14 years	4.30 - 5.00pm	£45.00/£51.00 (12 weeks)
Fencing - Beginner/Intermediate	School years 1 - 9	5.30 - 6.30pm	£45.00/£51.00 (12 weeks)
Fencing - Advanced	School years 3 - 9	6.30 - 7.30pm	£45.00/£51.00 (12 weeks)
Recreational Trampoline	School years 1 - 11	4.30 - 5.30pm	£48.00/£54.00 (12 weeks)
Climbing - Beginners	7 - 17 years	5.00 - 6.30pm	£36.00/£42.00 (6 weeks)

## WEDNESDAY - activities beginning 22nd September 2010

Basketball - Beginners	School years 3 - 6	5.00 - 6.00pm	£41.25/£46.75 (11 weeks)
Basketball - Intermediate	School years 3 - 6	6.00 - 7.00pm	£41.25/£46.75 (11 weeks)

## THURSDAY - activities beginning 16th September 2010

<u>ACTIVITY</u>	<u>AGE</u>	<u>TIME</u>	<u>PRICE</u>
Art Masterclass	School years 2 - 8	4.30 - 5.30pm	£51.00/£57.00 (12 weeks)
Climbing - Beginners	7 - 17 years	5.00 - 6.30pm	£36.00/£42.00 (6 weeks)

## THURSDAY - activities beginning 23rd September 2010

Basketball - Advanced	School years 3 - 6	5.00 - 6.00pm	£41.25/£46.75 (11 weeks)
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## FRIDAY - activities beginning 17th September 2010

<u>ACTIVITY</u>	<u>AGE</u>	<u>TIME</u>	<u>PRICE</u>
Absolute Beginner Swimming	5 - 11 years	3.30 - 4.00pm	£45.00/£51.00 (12 weeks)
Beginner Plus Swimming	5 - 11 years	3.30 - 4.00pm	£45.00/£51.00 (12 weeks)
Absolute Beginner Swimming	5 - 11 years	4.00 - 4.30pm	£45.00/£51.00 (12 weeks)
Intermediate Swimming	5 - 14 years	4.00 - 4.30pm	£45.00/£51.00 (12 weeks)
Beginner Swimming	5 - 11 years	4.30 - 5.00pm	£45.00/£51.00 (12 weeks)
Beginner Plus Swimming	5 - 11 years	4.30 - 5.00pm	£45.00/£51.00 (12 weeks)
Absolute Beginner Swimming	5 - 11 years	5.00 - 5.30pm	£45.00/£51.00 (12 weeks)
Advanced Swimming	7 - 14 years	5.00 - 5.30pm	£45.00/£51.00 (12 weeks)
Beginner Swimming	5 - 11 years	5.30 - 6.00pm	£45.00/£51.00 (12 weeks)
Intermediate Swimming	5 - 14 years	5.30 - 6.00pm	£45.00/£51.00 (12 weeks)
Beginner Swimming	5 - 11 years	6.00 - 6.30pm	£45.00/£51.00 (12 weeks)
Beginner Plus Swimming	5 - 11 years	6.00 - 6.30pm	£45.00/£51.00 (12 weeks)
Rookie Lifeguard	8 - 14 years	5.00 - 5.45pm	£48.00/£54.00 (12 weeks)
Diving, Starts & Turns	7 - 14 years	5.45 - 6.30pm	£18.00/£20.00 (4 weeks)
Gymnastics for fun- beginners	5 & 6 years	3.45 - 4.30pm	£45.00/£51.00 (12 weeks)
Gymnastics - Beginners	6 - 11 years	4.30 - 5.15pm	£45.00/£51.00 (12 weeks)
Gymnastics - Continuation	7 - 12 years	5.15 - 6.00pm	£45.00/£51.00 (12 weeks)
Gymnastics - Top Group	7 - 14 years	6.00 - 6.45pm	£45.00/£51.00 (12 weeks)
Break Dance	5 - 10 years	6.30 - 7.15pm	£45.00/£51.00 (12 weeks)

## SATURDAY - activities beginning 11th September 2010

<u>ACTIVITY</u>	<u>AGE</u>	<u>TIME</u>	<u>PRICE</u>
Recreational Trampoline	School years 1 - 3	9.00 - 10.00am	£48.00/£54.00 (12 weeks)
Recreational Trampoline	School years R - 3	10.00 - 11.00am	£48.00/£54.00 (12 weeks)
Recreational Trampoline	School years 4 - 7	11.00 - 12.00noon	£48.00/£54.00 (12 weeks)
Recreational Trampoline	School years 8 - 11	12noon - 1.00pm	£48.00/£54.00 (12 weeks)
Street Dance	Pre school/3,4 & 5 years	9.00 - 9.30am	£36.00/£42.00 (12 weeks)
Street Dance	Pre school/3,4 & 5 years	9.30 - 10.00am	£36.00/£42.00 (12 weeks)
Street Dance	School years 1,2 & 3	10.00 - 10.45am	£45.00/£51.00 (12 weeks)
Street Dance	School years 4, 5 & 6	10.45 - 11.30am	£45.00/£51.00 (12 weeks)
Street Dance	School years 7+	11.30 - 12.15pm	£45.00/£51.00 (12 weeks)
Climbing - Beginners	7 - 17 years	8.30 - 10.00am	£36.00/£42.00 (6 weeks)
Climbing - Intermediate	7 - 17 years	10.00 - 11.00am	£24.00/£27.00 (5 weeks)
Climbing - K2 Advanced	7 - 17 years	11.00 - 12.30pm	£36.00/£42.00 (6 weeks)

## SATURDAY - activities beginning 6th November 2010

<u>ACTIVITY</u>	<u>AGE</u>	<u>TIME</u>	<u>PRICE</u>
Climbing - Beginners	7 - 17 years	8.30 - 10.00	£36.00/£42.00 (6 weeks)
Climbing - Intermediate	7 - 17 years	10.00 - 11.00	£24.00/£27.00 (6 weeks)
Climbing - K2 Advanced	7 - 17 years	11.00 - 12.30	£36.00/£42.00 (6 weeks)

## SUNDAY - activities beginning 12th September 2010

<u>ACTIVITY</u>	<u>AGE</u>	<u>TIME</u>	<u>PRICE</u>
Beginner Swimming	5 - 11 years	8.30 - 9.00am	£45.00/£51.00 (12 weeks)
Advanced Swimming	7 - 14 years	8.30 - 9.00am	£45.00/£51.00 (12 weeks)
Intermediate Swimming	5 - 14 years	9.00 - 9.30am	£45.00/£51.00 (12 weeks)
Absolute Beginner Swimming	5 - 11 years	9.00 - 9.30am	£45.00/£51.00 (12 weeks)
Beginner Swimming	5 - 11 years	9.30 - 10.00am	£45.00/£51.00 (12 weeks)
Intermediate Swimming	5 - 11 years	9.30 - 10.00am	£45.00/£51.00 (12 weeks)
Absolute Beginner Swimming	5 - 11 years	10.00 - 10.30am	£45.00/£51.00 (12 weeks)

- We also offer individual swimming lessons on a 1 - 1 basis with a teacher. Lessons are usually booked as a course of 3 x 20 minute sessions for £30.00. These lessons are also available for adults.
- Trampolining - please note that children 8 years of age and under - must have an adult accompanying them - this is to help with 'spotting' and to assist the children on and off the trampolines.